

Clam Stir Fry

Before learning to live a gluten free lifestyle, fried clams were a favorite restaurant meal. Sadly, most restaurant clams come frozen and prepared in a gluten breading. Most grocery stores carry canned gluten free clams. A gluten free breading, partially cornmeal based, could be prepared at home. Then, the clam juice could be saved and used to flavor another dish. Clam stir fry is a great dish for something different to eat. It doesn't require much preparation time or physical energy. A seafood stir fry can introduce different textures of common food, and the unexpected flavors of special occasion foods.

Pre Cook Preparation:

Marinate: No

A. Timer set to the time to begin preparation prior to cooking

B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli

Butter (lactose)

Clams

Mushrooms

Onions

Pepper

Spices

Meatless Preparation Avoid:

Butter

Clams

Substitute with: _____

Utensils:

Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 inch frying pan

Ingredients:**Meat:**

6.5 ounces of clams in clam juice

Vegetables:

6 ounces of chopped carrots
6 ounces of corn
6 ounces of peas

Other ingredients:

Vegetable oil
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Pour enough oil into the bottom of the 8 inch frying to coat it.
2. Add:
 - 6.5 ounces of clams and juice
 - 6 ounces of carrots
 - 6 ounces of corn
 - 6 ounces of peas
 - A dash of salt
- Optional:
 - Spices
3. Turn heat to medium.
4. Stir frequently until mixture lightly boils.
5. Turn heat down 1/3, and stir frequently.

Cook Temperature: Medium to low

Cook Time: Varies, about 15 to 20 minutes

Servings: 2 to 3

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

- 1. Place in a microwave safe dish (not plastic).**
- 2. Heat until food is fully hot and reaches a safe temperature.**
- 3. Minimum 2 minutes.**

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

- 1. Place food in frying pan.**
- 2. Add enough water to almost cover food.**
- 3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.**

Add your stove time here: _____.

Oven Directions: Not recommended